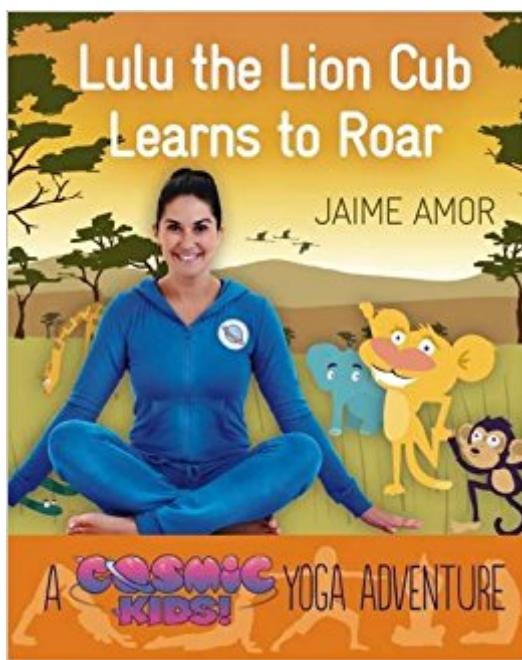


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# Lulu The Lion Cub Learns To Roar: A Cosmic Kids Yoga Adventure



## **Synopsis**

The hugely successful Cosmic Kids YouTube channel helps children discover yoga by joining presenter Jaime on monthly yoga adventures, each one a story featuring a lovable animal character that achieves something amazing. Aimed at 4 to 8-year-olds, the Cosmic Kids yoga books offer children a chance to take the yoga more slowly than is possible in a fast-moving video, to spend more time in their favorite poses, and also to enjoy reading or listening to the story. Each book is themed around a specific area of well being; in the case of Lulu, this is coping with feelings of frustration and anger, and finding and managing our own inner power. In this adventure, we're off to Tanzania to meet Lulu, a lion cub who's not quite learned how to roar yet. This makes her really sad and frustrated and taking it out on her friends just makes her feel even worse, so we help her find ways of dealing with her emotions. Then Lulu discovers that the volcano is going to erupt ... all her friends are in terrible danger! Can she find her roar in time to save the other animals? The story concludes with a relaxation and some affirmations to reinforce the message of the book. With bright illustrations, the books are designed to mirror the Cosmic Kids look, and to allow children to get to know a range of characters from the Cosmic Kids shows. There's also information at the back to help parents and teachers introduce children to yoga, even if they don't practice yoga themselves.

## **Book Information**

Series: Cosmic Kids Yoga Adventure (Book 2)

Hardcover: 48 pages

Publisher: Watkins Publishing; 1 edition (September 13, 2016)

Language: English

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Product Dimensions: 8.7 x 0.4 x 11.1 inches

Shipping Weight: 1.2 pounds (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars 6 customer reviews

Best Sellers Rank: #645,258 in Books (See Top 100 in Books) #83 in Books > Children's Books > Growing Up & Facts of Life > Health > Fitness #140 in Books > Books > Health, Fitness & Dieting > Exercise & Fitness > For Children #443 in Books > Children's Books > Growing Up & Facts of Life > Health > Personal Hygiene

Age Range: 4 - 8 years

Grade Level: Preschool - 3

## Customer Reviews

K-Gr 3  
•A fun, approachable way for children to learn about yoga. Based on the YouTube series of the same name starring the author, these volumes deal with self-help issues like bullying and coping with anger. The movement of the plot corresponds with numerous yoga moves. Each pose is explained in kid-friendly language ("come up to your knees and stretch your arms wide"), along with pictures of Amor demonstrating. In addition to presenting an enjoyable take on exercise, each title features interactive elements such as songs, along with bright illustrations that correspond with the cartoons from the original videos. The plots are underdeveloped, though the positive messages about self-love and self-control are reinforced with affirmations at the end. However, children will likely be so engaged by the creative and entertaining poses that the story line will not matter. Tips for how to effectively use the series  
•employing a yoga mat and doing poses for both sides of the body  
•are included. VERDICT This fun tool will serve as a positive introduction to yoga and encourage kids to be active.  
•Kathryn Justus, Renbrook School, West Hartford, CT

Jaime Amor founded Cosmic Kids Yoga with her husband Martin in 2012, when they posted their first YouTube video, Squish the Fish (since viewed over one million times). They are passionate about making yoga and meditation fun and free online for kids. Jaime studied acting at the Bristol Old Vic and has an RYT200 yoga-teaching qualification. She can lay claim to being the world's most popular yoga teacher: as well as leading classes in her local area, Jaime is followed on YouTube from homes and schools by up to 100,000 children every day.

I was super excited to receive this book!!! My girls LOVE cosmic kids and when I saw Jaime had books available I knew I needed to get them!! My youngest(3) is just as much in love with yoga as I am so when she saw her book came she had to get right to it! Before even reading it to her she was looking through the book doing the poses on the pages! I absolutely love how the book shows Jaime instructing the poses while going through a story, just like her Cosmic Kids Yoga videos! She is so fun and we just adore her stories and her enthusiasm. Knowing how Jaime tells her stories in the videos makes it so fun an easy to read this book and follow along with the poses just as if we were watching her on the TV! Super cute book!! We are extremely pleased with this one!!

I pre-ordered this book and I am so happy with them! The pictures are adorable and perfect. My kids LOVE doing yoga with Jamie and we watch her all the time on youtube. I was really excited to see

she was coming out with books! I am saving them for Christmas but I looked through them myself. The books themselves are really nice, thick pages and a hardcover. Really nice for younger kids who are a little rough on them. Plus they lay open for them to do the yoga moves without the book shutting on them. The story is adorable and has a lot of real life points to it, so they are learning more than just yoga! I love them and can't wait to get all of them!

My Daughter loves this book and her videos.

We love love love Cosmic Kids yoga adventures. I started doing yoga a few years ago and after noticing all the benefits of doing yoga I wanted to introduce it to my kids as well. There are lots of different types of yoga and instructors out there but I picked this one! Its the best it really gets the kids attention. The books are fun to read after yoga before bed.

I plan on giving this book to my daughter as a gift next year. She's only three right now, and we just started making Cosmic Kids Yoga a part of our routine. Anything related to yoga is welcome in our house, and this book is a delightful addition. It's healthy and fun!!

This is a difficult book to review. It is a story about traveling to Tanzania and meeting LuLu the lion cub. LuLu is trying to learn how to roar and it isn't going well. The cub is getting very frustrated and angry. He learns how to deal with those emotions and then when the volcano is going to erupt, he learns to roar and saves all of the animals. That is the story portion of the book. The main idea of the book is to teach young children yoga poses. These poses are woven into the story and a woman demonstrates how to do them. I guess the woman is the storyteller. The book says it is aiming for children 4 to 8. I don't know that it could keep a 4 year olds attention. I think after the first couple of poses, the child would just be running around acting like animals or an airplane. I think the story portion is too simple for an 8 year old. I think the yoga is the right fit for that age range, but the story is geared for the 4 year old. The story and the yoga do not match in age appropriateness. I think teaching children yoga is a fantastic idea. It will add stretching and help settle their minds. I don't know that this book is the right way to do it. It would require getting up doing the pose, then sitting down to read one more page, then getting up to do another pose. It just doesn't mesh well. I read that their YouTube channel was a great success and I think that would be a much better way to do this. Or videos. I don't think books are the right medium.\* I received a free copy of this book in exchange for an honest review \*

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